

March News



Special Events at the Senior Center

Nutritional Speaker: On Monday, March 1st, at 10:15, Tondra our Nutrition Educator will be coming to the Senior Center to speak about "Nutrition from the Ground up Eat Right".

Hearing Check up and Cleaning: Darin Ducklow of "Miracle Ear" will be here on Wednesday March 3rd and 17th, 2010 from 9:00-3:00pm. To schedule an appointment you must call (608) 829-3777 or toll free 1-800-472-4327.

AARP TAX SCHEDULE: Free tax assistance for people 60+ who use basic State and Federal tax forms, will be available at the Mt. Horeb Senior Center on Friday March 5th and 19th. To make an appointment please call the Mt. Horeb Senior Center at 437-6902.

Silvertones: On Monday March 8th, 2010 at 10:00am. The "Silvertones" a group is from Cross Plains and will be singing many familiar tunes.

Spring Time Dessert Making: On Tuesday, March 9th, 2010, we will be making Spring desserts. Everyone is welcome to join us at 1:00pm. Anyone who helps gets to enjoy samples and recipe swapping. Please bring along your favorite cookbook to share with the group.

Access to Independence: Tracy Miller will be here to do a presentation on Wednesday, March 10th, 2010 at 10:15am. She will be talking about hearing devices and other equipment to improve hearing.

Special Lunch/Musical Entertainment provided by Bruce Bollerud and Herb Swingen: On March 12th, 2010 at 11:15am, we will be serving a special lunch of baked fish, cheesy potatoes, glazed baby carrots, fresh fruit, whole wheat dinner rolls and pie. Please call for reservation by 1:00pm the day before by calling the Senior Center at 437-6902. Following are meal Bruce and Herb will be performing some old time tunes. We will have refreshments following the program.

Friday Night Fish Fry: On Friday, March 12th, 2010, at 4:30pm, we will be going to Hollandale for a Fish Fry. You must bring own money for your meal. The cost for the bus ride is \$3.00 round trip. If you are interested please contact the Senior Center at 437-6902 to make reservation by March 10th, 2010.

Bingo: On Friday, March 26th, 2010, we will be having Bingo at 12:30 followed by refreshments. Come and join the fun! *(Sponsored by Comfort Keepers)*

Lunch Outing to the Vintage Brewery: On Tuesday, March 30th at 10:45am, the bus will leave form the Senior Center to travel to Madison. You must bring your own money for lunch and \$3.00 for the bus ride. To make reservations please call the Senior Center at 437-6902 by March 26th, 2010.